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The University of
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NEWS RELEASE

April 9, 1997

UM TASK FORCE PRESENTS 'BEAUTY MYTHS AND DEADLY DIETS'

MISSOULA --

Eating disorders are sometimes life-threatening and always life-altering diseases that effect an estimated 25 percent of all college women.

To build public awareness about eating disorders The University of Montana Eating Disorder Task Force will present "Beauty Myths and Deadly Diets: What We Can Do to Stop the Tragedy of Eating Disorders," on Wednesday, April 23.

Dayle Hayes, nutrition expert and award-winning author, will host a discussion focusing on the stereotypes of beauty and exploring eating disorders. The free presentation is at 7 p.m. in UM's Urey Lecture Hall. The public is invited.

Early in Hayes' career she realized that diets do not work. Since then, she has taught groups and individuals to enjoy the benefits of good nutrition without dieting.

The program is supported by UM's Wellness Center, Grizzly Athletics, Dean of Students Barbara Hollmann, Residence Life, Student Health Services and Associated Students of The University of Montana—Missoula.

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Contact: Laura Del Guerra, registered dietitian for UM Dining Services, 243-2315; Dayle Hayes, registered dietitian, (406) 655-9082.

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